**HFN 201 Food and Nutrition**

**Final Culminating Assignment**

**15% of Semester Grade**

**(-5% per day late up to -25%)**

**PART A**

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| You will create **3 full-day menus** (as if your family is home to enjoy, such as on a weekend). These will include breakfast, lunch and dinner and will follow the Canada’s Food Guide recommendations of 50% Vegetables and Fruit, 25% Grain, and 25% Protein per meal.  You will need to consider your **family’s dietary** and **life stage needs** in your planning.  **You will be preparing one of these dinner meals for your family. Select recipes that suit your family’s budget.** |

**Family Profiles:** **/10**

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| **First, create a profile for each family member (**living at home the majority of the time**) including yourself of course, to determine your nutritional needs and type of foods you will include in your meals. These profiles will include:**   * Age * Gender * Activity level and examples of physical activities which determine this level * Special dietary factors/health issues, if any * Cultural factors which could influence food preferences * Food likes & dislikes * Level of cooking competency (explain when and what) * Time commitments ( work, school, clubs, sports, coaching, volunteering, care of senior parents )   ***These profiles could be placed in one chart to help you see at a glance what your food choices will or won’t be*** |

**Plan your meals: /30 (10 x 3)**

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| **Use 2 sheets of paper for each day**  On the first page create a ‘menu’ describing your breakfast, lunch and dinner  Use appealing words to describe the food you are offering such as “creamy, crunchy, fresh, refreshing, crisp, fragrant”  Make sure all meals have the 3 food groups: Vegetables and Fruit, Grains, Protein  On the second page place your full-day food choices in a **meal appeal chart** describing the:   * flavour, colour, texture, shape, temperature |

**Justify your choices: /10**

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| On a separate sheet of paper defend the meal choices based on your family member’s dietary & life stage needs, likes & dislikes, and schedules |

**The meal you will prepare for your family: /10 (total 30 marks)**

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| * **Photocopies** of the recipes you will use for your meal need to be included * **A reference page** is needed to give credit to where the recipes came from: book or website name, date published or retrieved * The recipes can come from a cookbook or online, or a family favourite.   **At least 3 recipes** need to be from scratch. You can make dessert if you wish  \*Clearly indicated which meal from which menu will be the one you will prepare   * **The cover page** needs to include : Your Name, Course HFN2O, Title of Culminating, the date, Ms. Burton   \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* **Creativity: /10**  Take pride in your work. Add pictures and colour where you can.  **The normal communication area:**  **/10**  Spelling  Grammar  Neatness  Organization |

**Due Date for Part A: Monday June 3rd in class. -5% late mark up to –25%.**

**Part B is you cooking the meal for your family. Start planning when you are able to do that and serve them all. Each family member will write a comment for your mark.**

**Part B will be due shortly after Part A.**